

Commonwealth of Pennsylvania

DEPARTMENT OF HEALTH.



HOW TO SECURE AND CARE FOR THE

HOME MILK SUPPLY.

Milk is the most valuable food stuff available for infants and children and the following suggestions are offered that it may be more generally used than at present, and that the consumer may pay more attention to its wholesomeness and proper care from the time it leaves the cow until used in the home.

HOW TO SECURE GOOD MILK.

Wherever possible, make a personal inspection of the dairy from which you are obtaining your milk supply and satisfy yourself that the requirements of the State Live Stock and Sanitary Board have been complied with on the following points: First, that the dairyman has excluded diseased cows from his herd; second, that the cows are kept clean, especially about the flanks and tails and that udders are washed or cleaned with a damp cloth before each milking; third, see that the stable floor, side walls and ceiling are clean and dry, that no dust or dirt or stale food is allowed to accumulate in the stable and that the floor is cleaned daily and dusted with slaked lime or land plaster; fourth, satisfy yourself that the milk vessels are always thoroughly washed in cold water and then carefully disinfected (or at least thoroughly scalded) and kept out of the reach of dogs, cats or vermin until ready for use; fifth, satisfy yourself that the milker washes his hands thoroughly with soap and water and then in cold water before beginning the milking. Inquire as to whether the first few streams of milk from each teat are excluded;* sixth, look into conditions at the milk house, note if the milk is cooled

*The first few streams of milk from each teat wash any dirt about the mouths of milk ducts into the can and with it germs that may grow rapidly.

immediately by surrounding with ice or standing in cold spring water and assure yourself that flies are excluded by having windows and doors carefully screened.

If milk has to be shipped any distance it should be transported in refrigerator cars or the containers should be packed in ice.

It is not always possible for the consumer to visit the dairy farm. Usually its condition may be learned by consulting the Official Dairy Inspector for the district. The consumer should invariably, however, examine the retailer's store, the retail wagon and in large cities he can easily go back and examine the retailer's premises, to the wholesaler and to the receiving station at the railroad and see if cleanliness is maintained at each.

Select a dairyman whose wagon is clean, whose driver is clean, whose store is clean, and who has facilities for sterilizing all containers used in his business and who receives clean, cool milk from the shipper. It is probably safer to buy milk for family use, particularly for infants, that has been bottled at the dairy soon after the milking; it may, however, under good conditions, be safely shipped in bulk to the retailer. If, however, it is not kept cool along the route of shipment or along the retail route, the cleanest milk may be full of germs when it reaches the consumer's house.

If milk must be accepted from a retailer handling milk in bulk be sure and receive it from one who draws milk from a spigot at the bottom of the can. "Dip milk" is more dangerous because of having so many opportunities for dust and dirt to fall into it.

CARE OF MILK IN THE HOME.

Never leave an open pitcher out of doors to receive the milk. If a vessel must be set out, then use one with a close fitting cover and stand it in a cool place. It is very important that the householder should be ready to receive the milk immediately after delivery and place it at once in the refrigerator. It frequently happens that milk perfectly good on delivery at the doorstep is ruined by standing in the sun one or two hours before the house-wife sees it and places it in a cool place. Some house-wives have milk-men place milk directly into an improvised yard refrigerator or porch refrigerator.

Every housewife should keep a refrigerator for the care of the baby's milk. It is entirely unnecessary to have an elaborate and costly apparatus. A store box with two inches of saw dust on the bottom, a 25-pound lard can set in the middle of it surrounded by sawdust, the larger can having a 15-pound can set in the middle and soldered to the bottom, the space between the two tin walls filled with ice, each can covered with its lid and a layer of twenty to thirty

thickness of papers over the can and the box lid closed down makes a good refrigerator. The baby's milk in nursing bottles, one for each feeding, should be stood in the inner container and if the milk is good when received it will keep wholesome for twenty-four hours by cooling in this way.

CAUTION.

Never use milk into which flies have fallen. Their legs and hairy bodies infect the milk with germs and make it unfit for use. Never receive milk from a dealer who has a contagious disease in his family. Never return milk bottles to the dealer while you have communicable disease in your family. Milk is one of the best mediums for carrying disease germs. Never use milk having dirt in the bottom of the vessel. These dark granules are usually cow dung dropping into the milkpail from unclean cattle. Never put milk in a vessel that has not previously been disinfected or scalded. Never put milk in the same refrigerator with other vegetables. Milk is apt to absorb odors. Never allow the milk to stand uncovered; dirt, dust and germs will fall into it. Always wash the baby's bottle immediately after it stops nursing. Full directions as to the care of the nursing bottle will be found in the circular, "Save the Babies."

Lamar E. Dixon

Commissioner of Health.

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